

Love-Based Goals Circle with MichelePW Exercise

For example, let's say you plan to launch a new product in six months. At first, you may think the first step is "Create the new product." But that can still feel overwhelming, right? So break that step down into smaller steps, like outline the new product, write each section, record videos for each section, etc.

Get yourself a stack of Post-it Notes and get started!

Approach #2: Reverse Engineering

This approach is all about first figuring out exactly where you want to end up, and then reverse engineering the steps you need to take to get there.

Write down a single goal:

Next, write down the specific steps you have to take to achieve it:

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

Step 6: _____

Step 7: _____

Step 8: _____

Step 9: _____

Step 10: _____

Approach #3: Creating Systems

This approach empowers you to create systems instead of goals so that as you complete your system, you'll feel good about yourself.

Take a moment to think about one of your goals. Write it down, here:

Now, take a moment to journal about how you can create a system that will help you achieve your goals:
